

ELEVATE 2017 Stretch Break

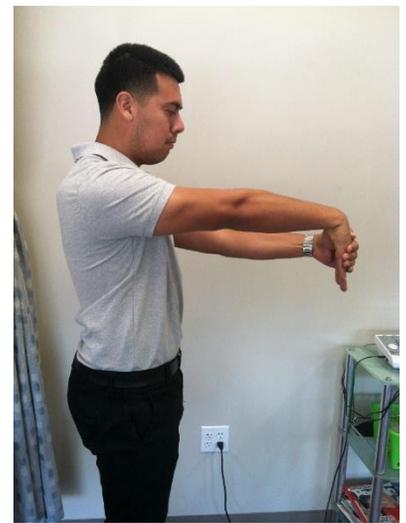


Palm and Finger Stretching: Bend the first two knuckles of all your fingers. Use the other hand to grip the fingers and bend them back. Hold for 20 seconds on each hand.



Forearm and Wrist Stretching:

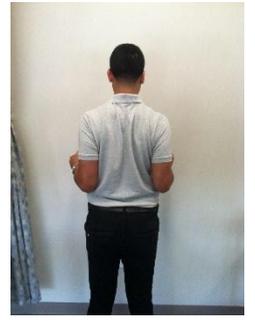
Straighten elbow and bring arm out in front of you. With your palm up extend your wrist. Use the other hand to enhance the stretch. Hold for 20 seconds. Then perform the same stretch with the palm down and flexing the wrist. Hold for 20 seconds.



Elbow Self Massage: Use your opposite hand to find the bone on the outer side of your elbow. Rub the muscle that attaches here back and forth for 20 seconds.



Shoulder Blade Squeezes: Squeeze your shoulder blades together. Hold for 3 seconds and perform 10 shoulder blade squeezes.



Chest Stretch: Place forearm along the side of the door so that your elbow is at shoulder height or use a partner and put your hands and forearms together. Lean forward to feel a stretch at the front of your chest. Hold for 20 seconds and perform on both arms.

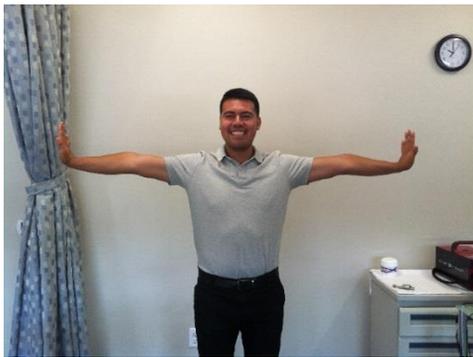
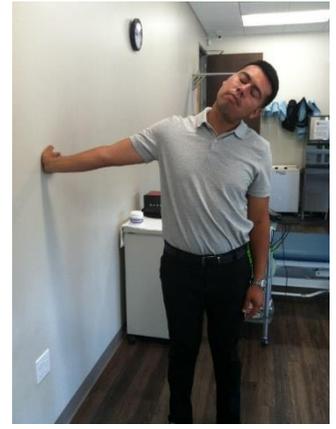
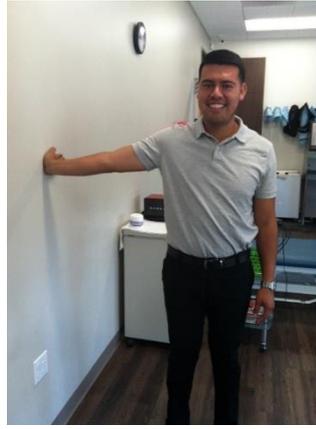


Neck Stretch: Look down toward your right armpit. Use your right hand to gently pull your head down closer to your armpit. Hold for 10 seconds and perform 2 times on each side. To increase the intensity of the stretch place your opposite arm behind your back.

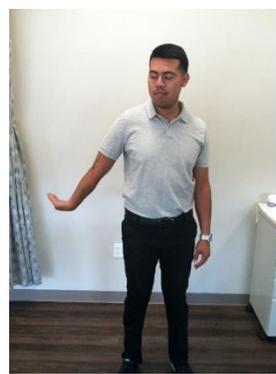
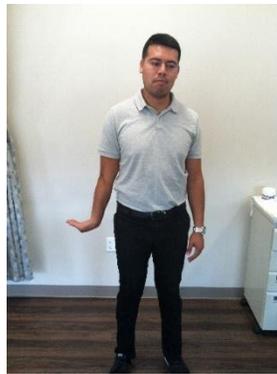


Chin Retractions: Start standing tall. Keeping your chin parallel with the floor retract your chin. Perform 10 times. Feeling a gentle stretch in the back of your neck is normal.

Median Nerve Glide: Place hand on the wall with fingers pointing backwards. Side bend your neck toward your opposite arm. Hold for 5 seconds and perform 5 times on each arm.



Ulnar Nerve Glide: Extend arms by your side with wrists flexed so your fingers are pointing up. Maintain wrist position and bend elbows. Hold for 5 seconds and perform 5 times.



Radial Nerve Glide: Start with arms by your side and palms back. Flex wrist so fingers are pointing backward. Rotate shoulder and forearm so fingers are pointing to the side. Bring arm out to the side at 45 degrees. Side bend your neck away from your arm. Hold for 5 seconds and perform 5 times on each arm.

Chair Cat Cow Stretch: Hold onto a chair in front of you. Drop your head down toward your chest and pull your upper back up toward the ceiling. Then look up toward the ceiling and drop your chest toward the floor. Alternate between these two positions 5-10 times.



Hip Stretch: Kneel down into a lunge position. Lean forward feeling a stretch in the front of the leg that is behind you. Hold for 10 seconds and repeat 2 times on each side.

Piriformis Stretch: Cross one leg over the opposite thigh. Lean forward and reach for the floor feeling a stretch in the side and back of your hip. Hold for 10 seconds and repeat 2 times on each side.



Seated Rotation Stretch: Cross right leg over the left. Rotate your torso towards the right. Hold for 10 seconds and repeat 2 times. Then perform to the opposite side.